

## Wild Edibles A Practical Guide To Foraging With Easy Identification Of 60 Edible Plants And 67 Recipes

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In this field guide to foraging wild edible plants, Sergei Boutenko (son of raw-food guru Victoria Boutenko) explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares his delicious, nutrient-dense recipes.

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Wild Edibles: A Practical Guide to Foraging by Sergei Boutenko gives hikers, backpackers, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to safely and responsibly identify, harvest, prepare, and eat wild edible plants.

Wild Edibles: A Practical Guide to Foraging by Sergei Boutenko

THE MOVIE (DIGITAL) PLUS TEN EBOOKS -- For your contribution, you will receive a digital download of the movie (Wild Edibles: A Practical Guide To Foraging) and following 10 ebooks: 1.) Edible Berries, 2.) Cattails, 3.) Edible Flowers, 4.) Edible Trees, 5.) Edible Grasses, 6.) Summer Edibles, 7.) Winter Edibles, 8.) Plant Parts, 9.)

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Now, in *Wild Edibles*, he shares knowledge gleaned from years of live-food wildcrafting and thriving in harmony with nature. This practical guide to plant foraging gives hikers, backpackers, raw foodists, gardeners, chefs, foodies, DIYers, survivalists, and off-the-grid enthusiasts the tools to identify, harvest, and prepare wild edible plants.

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